



Inside the HealthPlex at ARMC
1501 W. Chisholm St.
Alpena, MI 49707
989.356.5600
www.BayAthleticClub.com

Mon-Thurs. 5:30 am-8:30 am
Friday 5:30 am-7:30 am
Saturday 7:30 am-3:00 pm

**Bring this flyer in for a
free day of group
exercise classes!!**



State of Michigan
Improve your Health. Inspire your Life.
at Bay Athletic Club

Bay Athletic Club offers beautiful space, top-quality equipment, cutting-edge fitness offerings, trained fitness professionals, and stellar customer service.



Corporate Package:

- **Waived Initiation Fee (\$50.00 value)**
- **Discounted rate of \$36.00/mo – Includes group exercise classes**
- **Free program setup with one of our certified trainers to get you off to a safe, effective start**

There is something for everyone:

- Full cardio theater with two plasma televisions and view of river
- Free weights, Hammer strength and LifeFitness circuit machines
- Women's Express circuit training room
- Personal Training with exercise physiologists and certified personal trainers
- Two certified massage therapists on staff
- Juice bar offering smoothies, power bars, and coffee
- Child care
- Full locker room facilities
- Knowledgeable and friendly staff
- Group exercise studio offering 40 classes per week at no additional charge which are taught by nationally certified instructors